

Coping with Change

Draw or write about one change in your life in each of the boxes below. Then, write about or draw how that change makes you feel. In the center box write or draw what never changes (JESUS!) and write about how that makes you feel.

The worksheet consists of a large square frame with rounded corners. A vertical line and a horizontal line intersect at the center, dividing the square into four equal quadrants. In the center of the square, where the lines intersect, is a smaller, solid gray square with rounded corners. This central square is positioned such that it overlaps the four quadrants. The quadrants are left blank for the user to draw or write about a change in their life and how it makes them feel. The central gray square is also left blank for the user to draw or write about what never changes (JESUS!) and how that makes them feel.